

Mental Health First Aid is a public education program that can help individuals across the community to understand mental illnesses, support timely intervention and save lives.



Mental Health First Aid USA



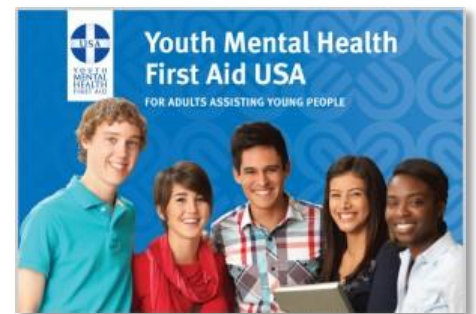
Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health or substance use challenge or crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

What Will Participants Learn

The course trains participants to help people who may be experiencing a mental health problem or crisis. You learn:

- ▶ Risk factors and warning signs of mental health problems and addiction
- ▶ Impact of mental and substance use disorders
- ▶ A 5-step action plan to assess a situation and to help
- ▶ Local resources of where to turn for help — professional, peer, and self-help resources.



Before you can know how to help, you need to know when to help. We call this *mental health literacy* – or a basic understanding of what different mental illnesses and addictions are, how they can affect a person's daily life and what helps individuals experiencing these challenges get well. **Mental Health First Aid teaches about *recovery and resiliency* – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.**

How Can I Attend Training?

NAMI Keystone Pennsylvania offers several training modules targeted to help specific groups including Mental Health First Aid for Adults, Youth Mental Health First Aid (age 12-18) and Mental Health First Aid for Higher Education (age 18-24). For more information or to schedule training for your organization, contact NAMI Keystone Pennsylvania at 412-366-3788 or email info@namikeystonepa.org.